

A one-day retreat with
Mushim Ikeda-Nash and Kenji Liu

Write Action:

Meditation & Writing for
People of Color

Sunday | April 11, 2010
10:00 am – 5:00 pm

East Bay Meditation Center

<http://www.eastbaymeditation.org>

2147 Broadway Street, Oakland, CA 94612
(near 19th Street BART in downtown)

This daylong retreat is for any Person of Color who desires to write – whether you are an experienced writer or a novice attempting to put together your first poem or story. The day will include basic meditation instruction and writing periods with suggested exercises and time for free-writing, and will include an open-mic sign-up for those who wish to share brief samples of their work.

Please bring a bag lunch, and feel free to bring unfinished projects (short excerpts of poetry, memoirs, fiction, etc.) for small group input during the lunch period.



Kenji Liu is a 1.5 generation Japanese-born Taiwanese American expatriate of New Jersey suburbia. His writing arises from his work as an activist, educator and cultural worker. Liu's poetry chapbook *You Left Without Your Shoes* (Finishing Line Press 2009) was nominated for a California Book Award, and his poetry has been nominated for a Pushcart Prize. Liu was a guest editor for Buddhist Peace Fellowship's Spring 2007 issue of *Turning Wheel*, "Building Alliances to Address Racism." He has practiced vipassana in Burmese and Thai traditions since 1998. For more information, go to <http://liusan.wordpress.com/>



Mushim Ikeda-Nash has published poetry, Buddhist essays, and autobiographical fiction widely under the names "Patricia Y. Ikeda," and "Mushim Ikeda-Nash." A core teacher at EBMC, she teaches meditation retreats for people of color and social justice activists nationally. Mushim is the first recipient of the Ragdale Foundation's Alice Hayes Writing Fellowship supporting work on a book-length manuscript, *Elegy with Blue Shirt, Tie & Gun*. See <http://mushim.wordpress.com/>

Registration is required and space is limited: E-mail your full name to admin@eastbaymeditation.org or call (510) 268-0696 and specify "register for Write Action."

Cost: The teachings are regarded as priceless. So they are offered without a fee. You are invited to support the teachings and our efforts by contributing voluntary donations (the practice of "Dana") for the expenses of the meditation center and the support of the teachers.

*In order to protect the health of community members with environmental illness, please do not wear fragranced products (including "natural" fragrances) or clothes laundered in fragranced products to EBMC.

